

Fearless Dining - Master Gluten-Free Costco Prepared Meals List

Updated as of 4/8/26
<https://www.fearlessdining.com>

Gluten-Free Chicken, Meat, and Seafood-Based Meals at Costco

- Rotisserie Chicken
- Kevin's Paleo Chicken Meals
- Caesar Kitchen Lemon Chicken Piccata
- Atkins Lamb Shanks
- Sukhi's Curry Meals
- Cooking Made Easy: Thai Chicken
- Chicken Tikka Masala
- Nature Raised Grilled Chicken Strips
- Chicken Skewers (Refrigerated Section)
- Del Real Carnitas
- Del Real Pork Tamales
- Del Real Pupusas
- Real Good Chicken Tenders
- Real Good Chicken Enchiladas
- Kirkland Signature Wild Alaskan Sockeye Salmon Burgers
- Kirkland Wild Smoked Salmon
- Vicky's Kitchen Stuffed Chicken
- Angus Steak Tips – Mission Hill Bistro
- Amylu Chicken Burgers
- Aidells Chicken Meatballs
- Teton Polish Sausage
- Green & Sunny Pad Thai
- Don Lee Farms Crispy Shredded Chicken Tacos
- Snap Dragon Pho
- Kirkland Garlic Butter Shrimp
- Fresh Additions Chicken Bites
- Fresh Additions Steak Bites

Vegetarian & Plant-Based Options

- Black Bean Burgers
- Beyond Burger
- Vegetarian Veggie Bites
- Don Lee Cauliflower Bites
- Riced Cauliflower Stir Fry
- Loma Chipotle Bowls

- Stuffed Grape Leaves
- Saffron Road Vegan Indian Meals
- Okami Organic Edamame
- Bibigo Prepared Rice

Gluten-Free Pizza and Deli Meats

- Milton's Cauliflower Pizza
- Sabatasso's Gluten-Free Pizza
- Sonoma Flatbread Pizza
- Banza Four Cheese Pizza
- Kirkland and Oscar Meyer Ham and Turkey Deli Meats
- Kirkland Beef Hot Dogs
- Kirkland Dinner Franks

Gluten-Free Costco Breakfast Items

- Bakery on Main Oatmeal Cups
- Three Bridges Bacon & Cheese Egg Bites
- CedarLane Steel Cut Oat Bowls
- Catalina Crunch Cereal
- EnviroKids Cereal
- One Degree Cereal
- Chex Cereals
- Sipping Snack Bone Broth